

**Amendments to the Specification:**

**Please replace paragraph [0042] beginning on page 13 with the following amended paragraph:**

Second valley turn 148 may extend further ~~or shorter~~ in the longitudinal direction ~~[[than]] with respect to first valley turn 124 or first valley turn 124 may extend further in the longitudinal direction than the second valley turn 148,~~ depending on the length of midsized segment 142. Preferably, first valley turn 124 does not extend as far in the longitudinal direction as second valley turn 148, because in a preferred embodiment, first and second midsized segments 118 and 142 are the same length. However, in other embodiments, second midsized segment 142 may be longer or shorter than first ~~midsized~~ midsized segment 118.